

NOW
ACCEPTING
ONLINE
REGISTRATION

SPRING
SUMMER
2009

Look for our
Summer & Fall
Guide in Sept.

Vernon PARKS & RECREATION

OFFICE HOURS: MON - FRI, 8:30-4:30 • 120 SOUTH STREET, VERNON, CT 06066 • (860) 870-3520 • FAX: (860) 870-3525 • WWW.VERNON-CT.GOV



THE
Benefits Endless
ARE

STAFF DIRECTORY

GENERAL PHONE NUMBER: 870-3520

| | |
|---------------------------|-----------------|
| DIRECTOR: | BRUCE DINNIE |
| ASSISTANT DIRECTOR: | STEVE KRAJEWSKI |
| ADMINISTRATIVE ASSISTANT: | DIANE GARNELIS |
| RECREATION SUPERVISOR: | BRUCE WATT |
| RECREATION SUPERVISOR: | AMY LOCANDRO |
| PARK SUPERVISOR: | DAVE BOWER |
| CREW LEADER: | MITCH REID |
| CREW LEADER: | MARK LUCAS |
| PARK MAINTAINER: | BOB ARTHUR |
| PARK MAINTAINER: | D.J. LUPACCHINO |
| PARK MAINTAINER: | MIKE MANFRE |

FREQUENTLY REQUESTED NUMBERS

| | |
|---|----------|
| Rockville Little League-Hans Peterson | 875-1832 |
| Vernon Little League-Joe Kurowski | 597-9402 |
| Babe Ruth Baseball- Dave Glidden | 872-0455 |
| Girls' Little League Softball-Steve Turgeon | 872-9790 |
| Vernon Youth Soccer-Stu Jones | 875-9408 |
| Vernon Youth Football-Tom Lukas | 871-7345 |
| Youth Hockey-Jim Larza | 529-5295 |
| Youth Lacrosse-Bruce Gezelman | 870-9461 |
| Over 55 Softball-Joe Nolette | 420-9345 |
| Junior Women's Club-Nancy Sullivan | 870-4047 |
| Vernon Town Hall | 870-3599 |
| Vernon Public Works | 870-3500 |
| Vernon Animal Control | 870-3558 |
| Indian Valley Y.M.C.A. | 872-7329 |
| Vernon Orioles-Steve Krajewski | 870-3520 |

REGISTRATION AND GENERAL INFORMATION

CONSIDER YOURSELF REGISTERED — if you do not hear from us. You will be notified if a change occurs or if the program is filled. You are automatically put on the waiting list and your payment returned if the class is filled at the time your registration is received. Assume classes will begin on the dates listed. If you would like a receipt, please enclose a SASE with your registration. All programs are open for registration unless otherwise noted in the program description.

INSURANCE — All persons participating in Recreation programs should carry their own personal health insurance. The Town of Vernon is not responsible for personal injuries. Participants in all Department-sponsored programs participate at their own risk. Only those enrolled in the program may attend.

ADA — The Town of Vernon does not discriminate on the basis of race, color, national origin, sex, religion, age, or disability in provision of programs and services. We are committed to assuring equal access to programs, activities, and services to all individuals. If you or a family member needs assistance, please let us know when you register.

CLASSES — We reserve the right to limit class size and to cancel classes failing to meet minimum requirements. Vernon residents are given preference for all programs during the 1st week of registration.

PAYMENT — Registration is not considered valid until the program fee is paid. We accept cash or checks only.

REFUNDS — are given only prior to the start of classes or if we cancel the program. Once an activity has started no refunds will be granted except in the case of injury, illness, or relocation. Refunds will then be given on a pro-rated basis and are under the discretion of the Parks and Recreation Director. There is a \$5.00 processing fee for all refunds and transfers.

INCLEMENT WEATHER — In the case of inclement weather, the Parks and Recreation Department reserves the right to cancel programs for the day. All decisions on programs will be made by 4:00 p.m. unless your program starts earlier. A decision will be made by 9 a.m. for weekend and morning programs. Please contact the Recreation Office at 870-3520.

SCHOLARSHIP PROGRAMS — It is our policy that residents of Vernon who cannot afford to participate in programs or activities can make confidential inquiries for assistance to Bruce Dinnie, Director of Parks and Recreation (870-3520).

MAILING LIST — If you would like to receive this brochure and future brochures in the mail please send a check for \$3 to the Vernon Parks and Recreation Department. You will be placed on our annual mailing list and will receive all 3 brochures for the year.

Staycations

A staycation (or stay-cation, or staycation) is a period of time in which an individual or family stays at home and relaxes at home or takes day trips from their home to area attractions. Staycations have achieved high popularity in current hard economic times. Common activities of a staycation include:

- **Swimming, Field Games, and Playground** at Henry Park and Center 375
- **Fishing and hiking** at Walker's Reservoir and Valley Falls Park
- **Hiking and biking** at Valley Falls Park, Church Street, Dart Hill Park, Hockanum Linear Park, Rails to Trails, Vernon Center Middle School, Walker Reservoir.

For more information about staycations, please contact the Vernon Parks and Recreation at 870-3520.

Youth Programs

PRESCHOOL FITNESS

The focus of this program is to get children ages 2-5 involved in physical activity at an early age. Classes include exercise, dance, body awareness, and fun games. Motor and listening skills will also be emphasized. Parents must participate if their child is 2 years old.

Fridays

May 1 – June 19

Mom & Tots (2-3yrs): 9:30-10:15am

3-5 yrs: 10:15-11:00 am

Vernon Teen Center

Residents: \$40 Non-Residents: \$45

PEE WEE TRACK

This program is open to children ages 3 to 5 years old. Learn the fundamentals of track running. Here is the opportunity to meet new friends, release that bundle of energy and have fun learn the sport behind running! Participants will play fun drills and activities to develop an appreciation and love for running track. All participants will receive a T-shirt. This program will meet once a week for 6 week.

Ages 3-5

Thursdays

April 30-June 4

Rockville High School Track

Fee: \$40 Resident \$45 Non-Resident

PEE WEE SOCCER

This coed program teaches the fundamentals of soccer to young players using a variety of fun drills and activities designed to develop soccer skills and a love for the game. Scheduled day may vary.

WHO: Ages 3&4 Section A

Ages 5&6 Section B WHERE: Henry Park

WHEN: Wednesday, Sept. 9-Oct. 14

TIME: Section A: 5:30-6:15 Section B: 6:30-7:15

FEE: \$40 Res. \$45 Non Res.

KARATE

The Dragon (beginner) and Advanced Karate program is for children ages 5-8 years old and Preteen Karate is for children ages 9-12 years old. Martial Arts will help your child develop self-defense, self-control, self-discipline and confidence. Trained instructors,

under the direct supervision of Kempo Master Rod Fuller of Hidden Dragon Karate, will teach the program. Program runs for 6 weeks.

Wednesdays

Section A: May 13-June 17
Dragons: 5:00-5:45pm
Advanced: 6:00-6:45pm
Preteen: 7:00-7:45pm
Section B: June 24-August 5 (no class July 1)
Dragons: 6:00-6:45 pm
Advanced: 7:00-7:45 pm
Preteen: 8:00-8:45 pm
Section C: August 12-September 16
Dragons: 6:00-6:45 pm
Advanced: 7:00-7:45 pm
Preteen: 8:00-8:45 pm

Vernon Teen Center

Residents: \$40 Non-Residents: \$45

BEGINNER GOLF CLINIC

Using a revolutionary new system, the USSI Golf clinic is the ideal way to introduce young boys and girls to the game of Golf. Children will use oversized clubs made of a lightweight material designed to encourage correct grip and swing. Children will learn all the basic golf techniques such as the swing, grip and ball striking, chipping and putting using unique and fun training methods that will increase a players development and retention.

Section A: Ages 5-7 Dates: July 20-July 24 Mon-Fri; 4:30 pm-6:00pm
Section B: Ages 8-11 Dates: July 20-July 24 Mon-Fri; 6:00 pm-7:15pm
Fee: \$99

BUILD A RACE CAR AND LETS RACE

Attention all racing fans. Family Raceway and the Vernon Parks and Recreation Department are proud to offer you this new program. Participants will learn how to build their own race car and then have the opportunity to race them. Participants keep their car at the end of the program. This is a six week program. Building the cars takes four weeks and the final two weeks will be set aside for racing. Space is limited to 8 participants per section.

Activity #:

Who: Grades 4-8 When: Tuesdays, May 12-June 16

Times: Section A: 6:00-7:00 p.m. for grades 3 and 4

Section B: 7:15-8:15 p.m. for grades 5-8

Where: Family Raceway Fee: \$65 (fee includes all car kit and race time)

For more information please contact the Vernon Parks and Recreation Department

BABYSITTER TRAINING COURSE

This American Red Cross course provides individuals, ages 11 to 15, with the information and skills necessary to provide safe and responsible care for children in the absence of parents or adult guardians. This training will help participants develop skills in leadership and professionalism; basic care; safety and safe play; and first aid. Course handbooks are provided and students are required to complete homework assignments. Upon successful completion of the course, students will be given a certification card. Participants must the entire class to receive certification.

June 13, 2009

9:00am-3:00p.m.

Vernon Teen Center

Residents: \$65 Non-Residents: \$70

VERNON TRACK CLUB

The Vernon Parks and Recreation Department and Rockville Bank will be sponsoring a track program for boys and girls in grades K-8. This program has track meets with neighboring towns, which requires you to transport your child to and from those towns. NOTE: Meets typically occur every other Wednesday.

Tuesdays & Thursdays

Date: April 30

5:45 – 6:45p.m.

Rockville High School Track

Fee: \$25 per child
\$45 per family

Aquatics

GATOR SWIM TEAM

The Vernon Gators swim team had a very strong 2008 season. The season begins tentatively June 29; interested individuals can pick up a registration form after April 21 at the Parks and Recreation Department. Teams practice in the evening

Junior Team

8 and under 25 yards (1 lap)

9-12 years old 50 yards (2 laps)

Senior Team

13-18 years old 50 & 100 yards

Fee: \$65 residents \$70 non residents

LIFEGUARD TRAINING

The Vernon Parks and Recreation Department will be holding a Lifeguard Training course. Participants that pass the course will be American Red Cross certified in Life Guard Training, C.P.R. for the Professional Rescuer, and First Aid. Participants must be at least 15 years old to take the course.

August 24-August 28

Monday-Friday 9 a.m.-3 p.m.

Location: Horowitz Pool

Fee: \$150 Res. \$175 Non Res.

For further information call 870-3520.

GUARD START PROGRAM

This course is designed for anyone who has an interest in becoming a future lifeguard. The class will teach you the basic skills of lifeguarding. This class runs from Monday through Friday for two weeks.

Activity # 3427A

August 3-August 14; Monday –Thursday 9-9:45 a.m.

Location: Horowitz Pool

Fee: \$60 Res \$65 Non-res

For further information call 870-3520

SEASON PASSES

Season Passes- A Season pass will grant you admission to any of our aquatic facilities for the summer season. Passes may be purchased at any one of the four aquatic locations during the season.

| | Resident | Non-Resident |
|---------------------|----------|--------------|
| Family Pass | \$40 | \$50 |
| Adult Pass | \$25 | \$35 |
| Child Pass | \$15 | \$25 |
| Senior Citizen Pass | \$20 | \$30 |

DAILY FACILITY SCHEDULE

Aquatic Facilities will be open from June 29 to August 14

| Time | Horowitz Pool | Community Pool | Valley Falls Park | Neshoba Park |
|------------|-------------------|----------------|-------------------|--------------|
| 9a-11a | Swim Lessons | Swim Lessons | CLOSED | CLOSED |
| 11a-12:50p | Swim Lessons | Swim Lessons | Open Swim | Open Swim |
| 12:50p-1p | Swim Team/Lessons | Swim Lessons | Open Swim | Open Swim |
| 1p-5p | Open Swim | Open Swim | Open Swim | Open Swim |

| | | | | |
|-------------|---------------------|-------------------|-----------|-----------|
| 5p-6p | Swim Team | Swim Team/Lessons | Open Swim | Open Swim |
| 6p-7p | Swim Team/Lessons | Swim Team/Lessons | CLOSED | CLOSED |
| 7:10p-8:00p | Swim Less/Swim Team | Open Swim | CLOSED | CLOSED |

FACILITY LOCATIONS

| | | |
|-------------------|--------------------------|----------|
| Horowitz Pool | Henry Park, South Street | 870-3527 |
| Community Pool | Hartford Turnpike | 870-3529 |
| Valley Falls Park | Valley Falls Road | 870-3528 |
| Newhoca Park | Grier Road | 647-7232 |

WEEKEND & HOLIDAY SCHEDULE

Horowitz and Community Pool will be open from 1 to 6 p.m.
Valley Falls & Neshoba Park will be open from 11 a.m. to 6 p.m.

POST SEASON SCHEDULE

| | | |
|-----------|--------------------------|----------------|
| 8/17-9/4 | Community Pool (Mon-Fri) | 1 to 5 p.m. |
| 8/15-8/16 | Valley Falls Only | Noon to 5 p.m. |
| 8/22-8/23 | Valley Falls Only | Noon to 5 p.m. |
| 8/29-8/30 | Valley Falls Only | Noon to 5 p.m. |
| 9/5-9/7 | Valley Falls Only | Noon to 5 p.m. |

REGISTRATION INFORMATION

*** ON-LINE registration will begin May 18th; www.vernon-ct.gov**

***In person registration will begin May 18th; after 12:00pm**

*Lessons are Monday-Thursday with Friday as a Make-up Date.

*ALL SWIM LESSONS WILL BE HELD RAIN OR SHINE.

SESSIONS

Session I June 29-July 10*

*Night lessons at Horowitz pool will be altered due to the Town of Vernon Fireworks being held at Henry Park. The lesson will be as follows:

Week 1 – Mon 29; Tues 30, Thurs2.

Week 2 – Monday-Thurs.

Session II July 13-July 24;

Session III July 27-Aug 7

Session IV Aug 10-Aug 21

FEES

| | |
|------------------------------------|---|
| \$45 Residents | \$55 Non-Resident |
| \$80 Semi-Private Lessons Resident | \$100 Semi-Private Lessons Non-Resident |

SWIM LESSONS

Swim lessons are available at Horowitz and Community pools in the mornings and evenings. Lessons are held Monday-Thursday and consist of two weeks of 45-minute instruction. Fridays will be reserved for make-up lessons in the case that we need to cancel swim lessons. Swim lessons will not be cancelled if it rains, but will be cancelled in the case of thunder and lightening, and in the case that there is a home swim meet for the Vernon Gator Swim Team. Descriptions are available at Henry Park and on our

Web site: www.Vernon-ct.gov

Tiny Tots – This swim class is designed for children ages 18 months to 4 years old. Participants will receive basic introduction to the water. Parents must accompany child in the water. Each session is two weeks long and the class runs for 30 minutes. Classes run Monday through Thursday.

Horowitz Pool Swim Lessons

LEVEL ONE

| TIME | ACT. #SESSION 1 | SESSION 2 | SESSION 3 | SESSION 4 |
|------------|-----------------|-----------|-----------|-----------|
| 9:00 a.m. | | x | | |
| 9:50 a.m. | x | x | x | x |
| 10:40 a.m. | x | x | x | x |

| | | | | |
|-----------|---|---|---|---|
| 6:50 p.m. | x | x | x | x |
|-----------|---|---|---|---|

LEVEL TWO

| TIME | ACT. # | SESSION 1 | SESSION 2 | SESSION 3 | SESSION 4 |
|------------|--------|-----------|-----------|-----------|-----------|
| 9:00 a.m. | | | x | x | x |
| 9:50 a.m. | | x | x | x | x |
| 10:40 a.m. | | x | x | x | x |
| 6:00 p.m. | | x | | x | x |
| 6:50 p.m. | | x | x | x | x |

LEVEL THREE

| TIME | ACT. # | SESSION 1 | SESSION 2 | SESSION 3 | SESSION 4 |
|------------|--------|-----------|-----------|-----------|-----------|
| 9:00 a.m. | | x | x | x | x |
| 9:50 a.m. | | x | x | x | x |
| 10:40 a.m. | | x | x | x | x |
| 11:30 a.m. | | x | x | x | x |
| 6:00 p.m. | | x | x | x | x |

LEVEL FOUR

| TIME | ACT. # | SESSION 1 | SESSION 2 | SESSION 3 | SESSION 4 |
|------------|--------|-----------|-----------|-----------|-----------|
| 9:00 a.m. | | x | x | x | |
| 9:50 a.m. | | x | x | x | x |
| 10:40 a.m. | | x | x | x | x |
| 11:30 a.m. | | x | x | x | x |
| 6:00 p.m. | | x | x | x | x |

LEVEL FIVE

| TIME | ACT. # | SESSION 1 | SESSION 2 | SESSION 3 | SESSION 4 |
|------------|--------|-----------|-----------|-----------|-----------|
| 9:00 a.m. | | x | | x | |
| 11:30 a.m. | | x | x | x | x |
| 6:00 p.m. | | x | x | x | x |

LEVEL SIX

| TIME | ACT. # | SESSION 1 | SESSION 2 | SESSION 3 | SESSION 4 |
|------------|--------|-----------|-----------|-----------|-----------|
| 9:00 a.m. | | x | | | |
| 11:30 a.m. | | | x | x | x |
| 6:00 p.m. | | | x | | |

TINY TOTS

| TIME | ACT. # | SESSION 1 | SESSION 2 | SESSION 3 | SESSION 4 |
|------------|--------|-----------|-----------|-----------|-----------|
| 12:20 p.m. | | x | x | x | x |

DAILY FEES

Daily Swim Admission – A fee is charged for all participants using aquatics/park facilities who do not have a season pass.

Daily Open Swim

General Admission \$1.50 Horo. Pool \$2 Comm. Pool

Car per day (7 people or less) \$5 Beaches

Walking or Bicyclist \$1 Beaches

Community Pool Swim Lessons

LEVEL ONE

| TIME | ACT. # | SESSION 1 | SESSION 2 | SESSION 3 | SESSION 4 |
|------------|--------|-----------|-----------|-----------|-----------|
| 9:45 a.m. | | x | x | x | x |
| 10:35 a.m. | | x | x | x | x |
| 11:25 a.m. | | x | x | x | x |
| 5:00 p.m. | | x | x | x | x |
| 5:50 p.m. | | x | x | x | x |

LEVEL TWO

| TIME | ACT. # | SESSION 1 | SESSION 2 | SESSION 3 | SESSION 4 |
|------------|--------|-----------|-----------|-----------|-----------|
| 9:45 a.m. | | x | x | x | x |
| 10:35 a.m. | | x | x | x | x |
| 11:25 a.m. | | x | x | x | x |
| 5:00 p.m. | | x | x | x | x |
| 5:50 p.m. | | x | x | x | x |

TINY TOTS

| TIME | ACT. # | SESSION 1 | SESSION 2 | SESSION 3 | SESSION 4 |
|------------|--------|-----------|-----------|-----------|-----------|
| 12:15 p.m. | | x | x | x | x |
| 5:00 p.m. | | x | x | x | x |
| 5:50 p.m. | | x | x | x | x |

ADULT

SESSION 2 and 4

ACT. # TIME
x 6:40 p.m. LEVEL ONE

Adult Programming

COMMUNITY GARDENS

Located at Vernon Center Middle School, individuals can rent a 25x25 garden plot for their personal gardening needs. Each plot cost \$20 (\$15 for seniors) and will be ready for planting by May 15. For more information call 870-3520.

BASIC SPANISH CLASS

This new program is an introductory course designed for people who are interested in learning to speak Spanish. You will be introduced to the basics in the language in order for you to read, interpret and speak. Learn fundamental grammar of the Spanish language. No experience or prior knowledge is necessary.

Wednesdays

April 15-June 3

6:30-7:30p.m.

Vernon Teen Center

Fee: Residents \$56 Non-Residents \$61

LEARN TO SPEAK CHINESE

This program is a basic, introductory course designed for people who are interested in Chinese culture with little or no knowledge about the Chinese language. The guiding principles of this course are "experience" and "practice". The class will encourage learners to listen, write Chinese character and talk in Chinese, with in-class practice. Learn fundamental grammar of the Chinese language. No experience or prior knowledge necessary.

Mondays

April 13-June 15 (no class 4/20 and 5/25)

7:30-8:30p.m.

Vernon Teen Center

Fee: \$56 Resident \$61 Non-Resident

NEW PILATES

What Is Pilates? Pilates is an exercise option for everyone. Designed to develop a strong core (stomach, back and glutes) while maintaining loose, limber limbs. The exercises provide multiple variations to meet the needs of different body types. It strengthens the body while keeping all the joints mobile and flexible. While it's not cardiovascular exercise, you'll feel your muscles working and probably break a sweat. Bring a mat, comfortable clothes, and water. This is a mixed-level class so all are welcome to attend.

Tuesdays

April 14-June 2

5:30-6:30pm

Vernon Teen Center

Fee: \$60 Residents \$65 Non-Residents



TAI CHI

This class is a traditional Chinese low impact exercise. It is the best balance conditioning exercise through smooth execution and focus on developing the internal energy flow of the individual. Tai Chi helps numerous areas such as body balance, weight loss, stress release, flexibility, increase memory and much more. Come join this class and feel healthier, more energetic and happier! This is an ongoing program; the sessions are 8 weeks unless otherwise noted.

Adults (17 and older)

Mondays

April 13-June 15 (no class 4/20 and 5/25)

6:30-7:30p.m.

Vernon Teen Center

Fee: \$56 Resident \$61 Non-Resident



LOW IMPACT AEROBICS

This is a low impact aerobics program is for those ages 17 and older and will be sure to get you a good workout. Participants will move and tone their bodies to various music while at the same time meet new friends.

Tuesdays

April 28-June 16

7:00 p.m. to 8:00 p.m.

Vernon Teen Center

FEE: \$48 Residents

\$53 Non-Residents



TEEN/ADULT KARATE

This karate program is for people ages 13 years and older. Martial Arts is designed to teach real self-defense, self-control, self-discipline and confidence. Trained instructors, under the direct supervision of Kempo Master Rod Fuller of Hidden Dragon Karate, will teach the program.

Wednesdays

May 13-June 17

8:00 – 8:45p.m.

Vernon Teen Center Fitness Room

Fee: \$40 Residents

\$45 Non-Residents

Summer Camp

POST CAMP

This camp is open to children 6-12 years old. Participants will enjoy a fun-filled day of arts & crafts, swimming, field games and much more. There is NO bus transportation for this camp.

Monday through Friday

Location: Center 375

7:30a.m. to 6:00p.m.

Post Camp: Session I: August 17 – 21
Session II: August 24 – 28
Session III: August 31- Sept. 4

Fee: BEFORE May 12 \$100 Residents \$110 Non-Residents
ON and AFTER May 12 \$105 Residents \$115 Non-Residents

CAMP NEWHOCA

Open to children ages 6-12, this program offers a variety of structured activities for participants in a summer camp setting. Located at Middle Bolton Lake in Vernon, your child will engage in swimming, hiking, arts and crafts, sport activities, field games, boating and much more. Swim lessons are available for beginner levels 1 and 2, please note participants will NOT receive an American Red Cross card. If your child will be participating in swim lessons, please circle the corresponding level on the registration form. Overnight stays are available for ages 10-12 on Tuesday nights during sessions 3, 5 and 7. Bus transportation is available for Camp Neshoba participants; **NOTE: You MUST circle your bus stop on the registration form. Extended hours are also available with bus transportation to and from. All registrations are due by 4:30p.m. on the Thursday prior to the beginning of a session, if there are openings. NO EXCEPTIONS.**

CAMP HOURS: 9:00a.m. to 3:30p.m.

SECTIONS

| | |
|----------------------------|----------------------------|
| Session 1: June 29-July 3 | Session 5: July 27-July 31 |
| Session 2: July 6-July 10 | Session 6: Aug. 3-Aug. 7 |
| Session 3: July 13-July 17 | Session 7: Aug. 10-Aug. 14 |
| Session 4: July 20-July 24 | |

FEES

| | | |
|---------------------|-----------------|---------------------|
| Before May 12 | Residents: \$85 | Non-Residents: \$90 |
| On and after May 12 | Residents: \$90 | Non-Residents: \$95 |

SUMMER HIGHLIGHTS

Summer Highlights is open to children 6-12 years old. Summer Highlight sights include Center 375, Henry Park and Valley Falls. The program offers a variety of structured activities in a playground setting. Children will engage in swimming, arts and crafts, sport activities, field games and more. Valley Falls has a key focus on exploring Nature! Valley Fall's campers will enjoy explorations in the pond, on hiking trails, special guest presenters and more. Bus transportation is available for Summer Highlight participants; **NOTE:** You **MUST** circle your bus stop on the registration form. Extended hours are also available with bus transportation to and from. *All registrations are due by 4:30p.m. on the Thursday prior to the beginning of a session, if there are openings. NO EXCEPTIONS.*

Center 375, Henry Park, Valley Falls

CAMP HOURS: 9:00a.m. to 3:30p.m.

SECTIONS

| | |
|----------------------------------|----------------------------|
| Session 1: June 29-July 3 | Session 5: July 27-July 31 |
| Session 2: July 6-July 10 | Session 6: Aug. 3-Aug. 7 |
| Session 3: July 13-July 17 | Session 7: Aug. 10-Aug. 14 |
| Session 4: July 20-July 24 | |
| Section H: August 11 – August 15 | |

FEES

| | | |
|---------------------|-----------------|---------------------|
| Before May 12 | Residents: \$60 | Non-Residents: \$65 |
| On and after May 12 | Residents: \$65 | Non-Residents: \$70 |

EXTENDED DAY HOURS

This is an extension to the summer camp day for Camp Newhoca and Summer Highlights. Center 375 and Henry Park Highlights will meet at Center 375 for the extended hours. Valley Falls Highlights and Neshoba will meet at Valley Falls for the extended hours. All extended morning children will be bused to your child's camp location for the day. All extended evening children will be bused back to Center 375/Valley Falls from their campsite. Children will get the chance to play games, watch movies, swim (evening hours only), and participate in other activities to unwind from a big day at camp.

Morning Hours (begins at 7:30a.m.)

Evening Hours (ends at 6:00p.m.)

| | | | |
|-------------|----------------------|-----------------|---------------------|
| FEE: | Extended A.M. | Residents: \$23 | Non-Residents: \$28 |
| | Extended P.M. | Resident: \$30 | Non-Residents: \$35 |
| | Extended Both | Resident: \$48 | Non-Residents: \$53 |

SUMMER BUS TRANSPORTATION SCHEDULE

Bus Schedule for **HENRY PARK and CENTER 375 ONLY**

Morning

8:30 Pick up at Maple Str. School
8:45 Drop off/Pick up at Center 375
9:00 Drop off at Henry Park

Afternoon

3:30 Departure from Henry Park
3:45 Drop off/Pick up at Center 375
4:00 Drop off at Maple Str. School

Bus Schedule for **CAMP NEWHOCA and VALLEY FALLS ONLY**

Morning

8:30 Pick up at Lake Str. School
8:45 Drop off/Pick up at Valley Falls
9:00 Drop off at Camp Neshoba

Afternoon

3:30 Departure from Camp Neshoba
3:45 Drop off/Pick up at Valley Falls
4:00 Drop off at Lake Str. School

KIDDIE CAMP

This program is a camp specifically designed for children 4 and 5 years old. It is held at Center 375 and this location features afternoon swimming in a kiddie pool, playing field games, playground, and plenty of indoor space for arts and crafts, occasional cartoon movies, board games and more. Children will do activities that focus on interaction with peers and fun games.

CAMP HOURS: 9:00a.m. to 3:30p.m.

SESSIONS

| | |
|----------------------------|----------------------------|
| Session 1: June 29-July 3 | Session 5: July 27-July 31 |
| Session 2: July 6-July 10 | Session 6: Aug. 3-Aug. 7 |
| Session 3: July 13-July 17 | Session 7: Aug. 10-Aug. 14 |
| Session 4: July 20-July 24 | |

FEES

| | | |
|---------------------|-----------------|---------------------|
| Before May 12 | Residents: \$70 | Non-Residents: \$75 |
| On and after May 12 | Residents: \$75 | Non-Residents: \$80 |

TEEN CAMP

Teen Camp is open to children ages 13-15. Camp is held at Henry Park and features a swimming pool, baseball fields, basketball, tennis and volleyball courts. As well as grassy areas to do field games and arts and crafts projects. Twice a week teen camp go on field trips and during Session 6, Teen Camp will have an overnight field trip to Club Getaway in Kent, CT.

CAMP HOURS 9:00a.m. to 3:30 p.m.

SESSIONS

| | |
|----------------------------|----------------------------|
| Session 1: June 29-July 3 | Session 5: July 27-July 31 |
| Session 2: July 6-July 10 | Session 6: Aug. 3-Aug. 7 |
| Session 3: July 13-July 17 | Session 7: Aug. 10-Aug. 14 |
| Session 4: July 20-July 24 | |

FEES:

| | | |
|-----------------------------------|------------------|----------------------|
| Before May 12 | Residents: \$90 | Non-Residents: \$95 |
| Before May 12 for Session 6 | Residents: \$120 | Non-Residents: \$125 |
| On and after May 12 | Residents: \$95 | Non-Residents: \$100 |
| On and after May 12 for Session 6 | Residents: \$125 | Non-Residents: \$130 |

SEND A KID TO CAMP

The Vernon Parks and Recreation Department is looking for sponsorships to send a child to camp. A \$65 sponsorship can send a child to camp for a full week. Our goal is to give at least 40 children the opportunity to go to camp this summer that may not usually be able to attend.

MULTI SPORTS CAMP

Experience over fifteen different sports from around the world with the U.S. Sports Institute. All activities will take place in an atmosphere that promotes good sportsmanship, teamwork, and most of all fun. Campers will receive technical instruction in each sport then experience the sport in a realistic game situation. Campers will receive a t-shirt and a certificate.

Section A: Ages 5-7 Section B: Ages 8-14

Location: Rockville High School **Dates:** Aug. 3-7

Day/Time: 5-7 years old/9:00am-1:00 pm **Ages:** 5-14
 7-14 years old/9:00 am-3:00 pm

Cost: 9:00 am-1:00 pm, \$149; 9:00 am-3:00 pm, \$169

SPORTS SQUIRTS CAMP

A great way to introduce children ages 3 to 5 to a variety of sports such as Soccer, T-Ball, Basketball, Lacrosse and Hockey. Sessions take place in a safe, structured environment and sports are played through a series of games and activities designed to ensure learning and most importantly fun, fun, fun.

Location: Rockville High School Dates: Aug. 3-7
Time: 4:00 pm-5:30 pm Ages: 3-5
Cost: \$89.00

HIGH SCHOOL PREP SOCCER CAMP

So you've set your sights on making the team and playing at a high level...? Then this is the camp for you! All week activities will be sharply focused in order to prepare players for high level soccer. Our trainers will work closely on conditioning, footwork, technique and decision making to give players a head start in the run up to the season. These camps will take place in June or July in that pre-tryout period during the close season. "A serious camp, offering serious

Location: Rockville High School Dates: July 27-31
Time: 11:00 am-1:00 pm Ages: 14-18
Cost: \$105.00

SOCCER SQUIRTS CAMP 3-6 YRS

A great way to introduce young children to soccer in a short camp format of fun games. This popular program involves soccer based activities, promotes the development of motor skills, encourages group interaction and is an excellent form of exercise. The Squirts camp format includes a range of soccer themes, coloring activities and breaks for snacks. The emphasis is on FUN and more FUN!

Location: Rockville High School Dates: July 27-31
Time: 9:00 am-10:30 am (Section 1) Ages: 14-18
2:00 pm-3:30 pm (Section 2)
Cost: \$95.00

PLAY WELL PRE-ENGINEERING CAMP

This camp is open to children ages 5-6 years old. Create, Play, and Learn. Build a town, city, or star base with houses, buildings, pyramids, bridges, tunnels, towers, and more. Build motorized cars, trains, buses, and trucks; race them; crash them; repair them. Explore the many possibilities of LEGO® building systems while learning useful construction techniques.

Monday through Friday
August 17-August 21
9:00a.m. to 12:00p.m.
Camp Newhoca
Residents: \$135 Non-Residents: \$140

PLAY WELL FUNDamentals

This exciting program is for children ages 7-9 years old. Design and build motorized machines, catapults, pyramids, demolition derby cars, truss and suspension bridges, buildings, and other constructions. Explore concepts in physics, mechanical engineering, structural engineering, and architecture while playing with your favorite creations. This is a hands-on and minds-on class suitable for LEGO® building system novices to "maniacs."

Monday through Friday
August 17-August 21
1:00p.m. to 4:00p.m.
Camp Newhoca
Residents: \$135 Non-Residents: \$140

CSI TEEN CAMP

Join the C.S.I. team. This is a special half-day summer camp full of science, investigation and FUN! Participants will mix learning and fun in this hands-on experience. By examining hair samples, taking fingerprints, testing for tell-tale substances and more, participants will work toward solving the crime by the end of the week. Throughout the week the CSI team will collect crime scene

evidence, examine fingerprints and foot castings, learn forensic techniques used by police, take photographs and learn to interview suspects. This program is open to students in grades 6-8 and takes place at Valley Falls.

Monday-Friday
August 17-21
8:30am to 11:30am
Valley Falls
Fee: \$125

CORKUM BASEBALL CAMP

The Vernon Parks and Recreation Department will be sponsoring the Chris Corkum baseball camp for players 7 to 12 years of age at Henry Park. The camp will run Monday July 27 to Thursday July 30 from 9:00am to 1:00pm, Friday will be used as a make up date. The camp puts major emphasis on skill development, games will be played daily. The cost is \$100 for Vernon residents and \$110 for non-residents. Each player will receive a t-shirt. Call 870-3520 for more information.

RISE TO THE TOP HOOP CAMP

This basketball camp is for boys in 5th to 8th Grade. Instructed by Rockville High School's Basketball Head Coach Pete McCann, this camp will instill the fundamentals of basketball to prepare each individual for Middle School and High School basketball. The camp will consist of various basketball strations, games, swimming, and more. For more information please contact the Vernon Parks and Recreation Department at 870-3520

Who: Boys Grades 5-8 Where: Henry Park Fee: Tentatively \$75

Dates: Tentatively July 6-July 10 Instructor: Pete McCann

Special Events

EARTH DAY

Come and help keep Vernon beautiful and clean! The Parks and Recreation Department welcome families, friends and organizations to help take part in projects to help beautify the town on Wednesday, April 22. All will meet at 9:00a.m. at Henry Park to be assigned their projects. Interested groups may call the Parks and Recreation Department at 870-3520 for more information.

GOLF TOURNAMENT

The Town of Vernon will be conducting their 2nd annual tournament on Friday August 15 at Twin Hills Country Club in Coventry. It will be a 12:00 shotgun start, registration and lunch starts at 11:00. A buffet and award presentation will take place after the tournament. The format will be a four-person scramble. Cost per player is \$100. For more information please call Steve Krajewski at the Vernon Parks and Recreation office at 870-3520. Anyone interested in volunteering or sponsoring a hole should also call the P&R office.

“JULY IN THE SKY” FIREWORKS

Wednesday, July 1st
(Rain Dates July 2nd or 3rd)

This annual event marks Vernon's tribute to our Nation's Independence. Take the family out to view the fireworks from Henry Park or Downtown Rockville! Parking is available at Henry Park for \$5 per car or at various downtown locations. Entertainment and children's games will be available at Henry Park and Downtown Rockville. \$1 Pedestrian Fee to enter Henry Park; Downtown Rockville will be accepting donations.

JULY IN THE SKY TITLE SPONSOR NEEDED

The annual fireworks will be held on Wednesday, July 1st. The Parks and Recreation Department is accepting applications from businesses and individuals interested in being the Title Sponsor for this year's event. If you are interested in becoming a Title Sponsor and/or looking for the benefit package in regards to the event, please contact Steve Krajewski at 870-3520.

44TH ANNUAL FISHING DERBY-SPONSORED BY CRYSTAL LAKE BAIT AND TACKE and ROCKVILLE GLASS

Saturday, May 2, 8 a.m. to 11 a.m. (Rain date May 3)

We will be stocking the Valley Falls Pond with over 250 rainbow trout, take this opportunity to introduce your children (ages 15 and under) to fishing when the odds are stocked in their favor. No charge for residents, \$3 for non-residents.

MOTHER'S DAY DASH

Sunday, May 10 Race Begins at 10 a.m.

A special children's race will begin at 9:15 am. (The Ray Crother's Children Race; ages 10 and under)

This 5K-road race will take you throughout Rockville. Race begins and ends in Henry Park. Food, beverages, and entertainment will be provided after the race. Proceeds benefit the Vernon Teen Center, Police Explorers, and the Robert Bonadies Scholarship Fund.

Pre Register by mail for \$15 for adults, \$10 for children.

(Call 870-3520 to have Registration form mailed to you.)

Register on race day for \$20 (Registration from 8 - 9:30 a.m.)

Major Sponsors: Journal Inquirer & NERAC

FAMILY MOVIE NIGHT

The Parks and Recreation Department proudly sponsors a fun evening for the entire family! Bring your family and friends to enjoy a Big Screen Movie in the gymnasium. You can't beat the price, so don't miss out! Bring blankets and chairs for the movie.

Friday, April 24, 2009

Movie: "Bolt"

6:15p.m. Movie Starts

Center 375

Fee: FREE



MOVIES UNDER THE STARS

The Parks and Recreation Department will be showing a movie this summer under the stars at Valley Falls Park. Bring your family and friends to enjoy a Big Screen Movie. You can't beat the price, so don't miss out! Bring blankets, chairs and snacks.

Friday, July 17

8:30 p.m. Movie Starts

Valley Falls Park

Fee: FREE

FAMILY BOWLING

The Vernon Parks and Recreation Department Rockville Vintage Lanes have teamed up to bring you a fun day of bowling! Come to the newly renovated Rockville Vintage Lanes located at 49 West Main Street on Sunday, April 26 anytime between 2:00 and 5:00p.m. For a low cost of \$10 per person, you will get 2 games of bowling, shoe rental and be eligible to win prizes!

Sunday, April 26

2-5pm

Rockville Vintage Lanes

\$10/person

TRAIL'S DAY TROT

The Vernon Parks and Recreation will be holding it First Annual Trail's Day Trot on Saturday, June 6th on a section of the Rails to Trails. This fun run is to celebrate the national Trail's Day holiday and also to raise monies for the Park and Recreation Department's Send a Kid to Camp Program. There will be a kid's race and a main race. This is the last activity of the Mayor's Cup.

For: All Ages; Runners and Walkers

Fee: TBD

Location: Rails to Trails, Sacred Heart Church Parking Lot; Hartford Turnpike

Date: Saturday, June 6th (Rain or Shine)

Time: Kids Race (.25 mile or .50 mile) 10:00 am

Main Race (1 mile or 3.1 mile) 10:15 am

DISCOVER VALLEY FALLS

Visit Valley Falls on Friday, June 26 for free. Walk around and see what the park has to offer. The Parks and Recreation Department will be providing free hot dogs, snacks and refreshments. Have an opportunity to win a raffle, prizes including a free session at Valley Falls Nature Camp, a Family Season Swim Pass and more. Games and activities will be held as well as open swim.

Don't miss this opportunity to discover Valley Falls and all it has to offer! Registration for camp or purchase a seasonal swim pass at this event and receive a \$5 discount.

Friday, June 26?

6:00-8:00p.m.

Free

A NIGHT OF COMEDY

The 7th Annual Comedy Night will be held on Friday, April 17, 2009 at the Elk's Carriage House located at 9 North Park Street, doors open at 7:00pm. The opening act starts at approximately 8:00pm with the headliner coming on the night after. Finger food provided by Stop and Shop will be served throughout the evening. Tickets are \$25 and can be purchased at the Parks and Recreation Office. The last two years, the show has sold out, so be sure to get your tickets early. Tables of 10 will be seating arrangement. For more information call the Parks and Recreation Department at 870-3520.

Rentals

BIRTHDAY POOL PARTIES

Make a big splash at your next party. Community Pool and Horowitz Pool is now available for pool parties. Pool parties are available on Saturdays and Sundays from 6:00 pm through 8:00pm. The cost of the pool party is \$200.00. For further information, please call 870-3520.

Newhoca Lodge: The lodge at Neshoba is the perfect place to hold a bridal shower, family reunion, birthday party, and more. Located on Grier Road, this lodge has a beautiful scenery that over looks Bolton Lake. For fees and available rental dates, please contact us at 870-3520.

Vernon Teen Center: The Vernon Teen Center is available for rent. It is the perfect place to hold your birthday parties. The facility offers video games, pool table, foosball, and much more. The fee for renting the Teen Center is \$30 per hour for residents and \$35 per hour for non-residents with a two-hour minimum. For available rental dates, please contact us at 870-3520.

RENT A GYM

Need a place to play some hoops? Rent the Town of Vernon's Center 375 for only \$50.00 per hour! Schedule games, clinics, or dodgeball. For more information, please call 870-3520.

PICNIC AREAS

Fox Hill Tower-Free

Church St. Rails to Trails-Free

Dart Hill Park-Free

Walker's Reservoir-Free

Valley Falls-See info below

Newhoca Park-See info below

Henry Park-See info below

Saxony Mill Park-Free

The Town's picnic groves are available for rent. Reserve yours today. Picnic groves are located at the following locations:

Valley Falls Park: Located on Valley Falls Road, Valley Falls Parks contains picnic areas out in the field and one pavilion. Fees vary upon picnic areas and length of rental time.

Henry Park: Located at 120 South Street, Henry Park has three picnic grove areas. There is a \$10.00 charge for the use of these groves.

Newhoca Park: Located on Grier Road, Neshoba Park has a pavilion that is great for all occasions. There is a \$25.00 per hour charge with a two-hour minimum.

For further information on all picnic areas, please call 870-3520.